

Food Log Evaluation and Feedback

Below you will find a checklist to use with your Food Logs. This checklist is not meant to be judgmental, it is for you to be *fascinated* with what and how you are eating, noticing any patterns. It is merely information for you to consider as you learn more about your eating behavior and decide what changes you want to make in your food plans for the days and weeks.

Remember you are truly the best person to decide what you would change (if anything) in future eating experiences. Any changes you plan are best when matched to your body or belly wisdom at the time of eating. **The belly is the boss!** Follow the Belly's guidance and learn how to work with it, instead of against it, and you can't go wrong. The belly will guide you and **the body will release excess body fat** if they are in cooperation.

Over time you will learn so much about yourself and the real truth, I think you will be amazed. Keep your records as you are conducting your curious investigations (with fascination- no judgment), because it is good sometimes to look back over them after several months and see how much things have changed and what you want to work on tweaking (with belly wisdom directing you each step of the way).

H M L NA

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Plenty of variety?
Remember the body does not usually like the same foods over and over for a long time if it is exposed to enough variety, practice trying new foods all the time, how can you know what your belly wants if you have never tasted it? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Adequate intake of fruits and vegetables?
See Balanced Eating Plan to estimate how many servings of each would be recommended. Remember the belly is the boss, also use the Eating Flow Chart to check in with the belly and see what it is hungry for. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating mostly at designated meal times, social events, because "it is time" to eat etc.,(may not be true hunger)? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Eating in response to hunger within 5-10 minutes? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Stopping in response to belly fullness (stopping before you end up feeling "too full" a few minutes after eating)? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Foods chosen and/or quantities reflect response from deprivation following restrained eating or dieting? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Consumption of highly refined foods (low nutritional value)? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Consumption of low calorie or low fat foods which are <u>not nutrient dense</u> ? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Consumption of high calorie or high fat foods which are <u>not nutrient dense</u> ? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Potential " Starvation Response " due to low food consumption ?
(the body will launch a defense to store more body fat like a squirrel preparing for the Winter "diet") |



H = High M = Medium L = Low NA = Not Applicable